

17 Indisputable Laws of Teamwork

WEEK 1 - Law 1: The Law of Significance

- One is too small a number to achieve greatness.

Quote 1: "Individuals play the game but teams win championships."

- Chinese Proverb

Questions:

1. What does this mean?
2. In sport is there anything of real value that you can do alone?
3. What does a team bring to the table?
 - a. In the weight room?
 - b. Outside of the weight room?

(Energy, Accountability, How to achieve goals,

4. How do we grow now as a team? What can we do each day to make this happen

Quote 2: "You may be good ... but you're not that good."

- John C Maxwell

Questions:

1. What does this mean?
2. Become A Better Team Member
 - a. Goal Forms – Fill Them Out
 - i. What goals are you working toward right now
 - ii. How are you going about these goals (individual or team)
 - iii. With these goals ask yourself:
 1. Is it bigger than I am?
 2. Does it benefit others as well as myself/?
 3. Is it worth dedicating part of my life to?

If Yes: Think about those who should join you to achieve the goal. Invite them to join you. Look for others.

Examples:

SUMMER CHALLENGE	Film	Specific Goals
Technique	Conditioning	Classroom

WEEK 2 – Law 2: The Law of the Big Picture

- The Goal is more important than the Role

Quote 1: “If you think you are the entire picture, you will never see the big picture.”

- **John C. Maxwell**

Questions:

1. Are you willing to give everything for the common good of the team?
 - a. How do you plan on doing this?
2. What are the mutually team shared goals?
 - a. We want goals not outcomes!
 - b. Coaches, write them down and lets post them daily**

Quote 2: “If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team.”

- **Bud Wilkinson (Oklahoma Football – 1950s)**

Questions: REVIEW PERSONAL GOAL & TEAM GOALS

1. Is your priority the team or yourself?
2. Have your actions in week 1 shown this?
3. Why did we right our personal goals down?
 - a. How do my personal goals fit into the team goals? If they don't are they ego based?
 - b. How can me and my teammates goals come together to fit the big picture?
 - c. Ex. Team Goal: Improved strength by attending all training sessions
 - i. How many people have this personal goal - Accountability

Quote 3: “Everybody on a championship team doesn't get publicity, but everyone can say he's a champion.”

- **Erving “Magic” Johnson**

Questions:

1. What role do I play on this team? Can you accept this role?
2. Does my attitude fit into this role and the team goal?
3. Do I think of myself? Are the people that depend on me being let down?

WEEK 3 – Law 3: The Law of the Niche

- All players have a place where they add the most value

Quote 1: “If each person is not doing what adds the most value to the team, you won’t achieve your potential as a team.”

- John C. Maxwell

Questions:

1. What happens to a team when one or more of its members play out of “position”
 - a. Team Morale & Willingness to work as a team.
2. Where do you add the most value?
3. What type of “positions” exist on this team?

Quote 2: “You are most valuable where you add the most value.”

-John C. Maxwell

Questions:

1. Have you found your niche?
2. How are you working to improve your niche?

Quote 3: “Great leadership must know the team, the situation, and the players.”

-John C. Maxwell

Questions:

1. The Team: Do we know the vision, and goals?
 - a. Do we know where we are going and why we want to get there?
2. The Situation: Where are we currently and what do we require?
3. The Players: Do I know my teammates?
 - a. What are their goals? Do they fit with mine and the teams
 - b. What makes you tick?

WEEK 4 – Law 4: The Law of Mount Everest

- As the Challenge Escalates, the Need for Teamwork Elevates

Quote1: “Ask not what your teammates can do for you but what you can do for your teammates.”

-Magic Johnson

Questions:

1. Who is on my team? Tell me something about a teammate.
 - a. Related to the team goals.
2. Potential is only as good as the current team.
 - a. What can we do enhance our team to reach our potential?

IF I DON'T KNOW MY TEAMMATES HOW CAN I RELY ON THEM DURING A CHALLENGE

Quote 2: “Accept the challenges so that you may feel the exhilaration of victory.”

-General Patton

Questions:

1. What challenges does this team face?
2. How can we as a team face these challenges?
 - a. Who takes which role?
 - i. Is the right person in the right role?
3. Please write down team challenges

Quote 3: “Build the team today for the challenges of tomorrow.”

-John C Maxwell

Questions:

1. How do we build the team?
 - a. Know the challenges, Know your teammates, Know your role – Now Develop
 - i. Develop the team
 1. Leadership – each person has a strength & weakness

What is your strength & weakness?

- a. Who is a leader in the weight room – can we rally around this person. (May not be a captain/team leader).
- b. Who is a leader for _____?

WEEK 5 - Review Week:

1. Define Team Challenges
2. Define Team Goals
3. Define Team Outcomes

1. Define Individual Challenges
2. Define Individual Goals
 - a. Do they align with the team goals
3. Define Individual Outcomes
 - a. Do they align with the team outcomes

WEEK 6 – Law 5: The Law of the Chain

- **The Strength of the team is impacted by the weakest link**

Quote 1: “ $10 \times 10 \times 10 \times 10 \times 10 = 100,000$ $10 \times 10 \times 10 \times 10 \times 5 = 50,000$ ”

- **What is a weak link**

Questions;

1. How does the weak link hurt the team?
 - a. A 50% difference with 4 10's and a 5 when compared to 5 10's.
2. What are characteristics of the weak link? Ask yourself does this describe me?
3. What are characteristics of the strong links? Ask yourself does this describe me?
 - a. Clear Vision, Good Self-Image, Superb Ability, High Energy
4. Can this team afford a weak link?

Quote 2: “Our competitors are getting better. Across this country our competitors are getting better, ... The weaker links are having to drop out because they can't compete. The bar is being raised in this competitive arena so it's on our shoulders to do the right thing in this environment.”

- **The journey cannot be made with weak links**

Questions:

1. Are we ready to raise the bar? How?
2. Not everyone will take this journey. Why should you be one taking the journey?
3. Do you have the characteristics to make this team better?

Quote 3: “That's what the foundation of this program is going to be built on and the next few years that's what this team is going to be built on -- players we can trust, players that are going to be accountable and players who want to be the best -- not just OK, the best.”

-Dave Wannstedt

- **Build the Chain by strengthening people and developing teamwork**

Questions:

1. A weak link is okay with being OK
2. How can we strengthen people?
3. How can we develop teamwork?

WEEK 7 – Law 6: The Law of the Catalyst

- Winning Teams Have Players Who Make Things Happen

Quote 1: “Most teams don’t naturally get better on their own. Left alone, they don’t grow, improve, or reach championship caliber. That’s why a team that reaches its potential always possesses a catalyst.”

Questions:

1. Define a catalyst? What characteristics do they possess?
 - a. Intuitive, Communicative, Passionate, Talented, Creative, Initiating, Responsible, Generous, Influential.
2. Name a catalyst? What made them a catalyst?

Quote 2: “I want the ball.” - Shane Falco

“Winners always do.” Coach McGinty

Questions:

1. The catalyst is the player who wants the ball and should have the ball. Is this you?
 - a. We must ask ourselves is this person on our team? Do we have the person who is Intuitive, Communicative, Passionate, Talented, Creative, Initiating, Responsible, Generous, Influential? If not, who is going to step-up and take on this role?

Quote 3: “Teams work best when there is a balance in primary roles and when teammates know their roles.”

Questions:

1. Not everyone is going to be a catalyst and this is okay. We know a catalyst is needed so what role do I take?
2. How can I assist the catalyst?
3. If you’re afraid of the spotlight, have you worked hard enough to improve yourself? If not, you need to adjust your mind-set and begin to change.
 - a. Find a mentor
 - b. Begin a growth plan
 - c. Get out of your comfort zone

WEEK 8 – Law 7: The Law of the Compass

- **Vision Gives Team Members Direction and Confidence**

Quote1: “Great Vision precedes great achievement. A team without vision is purposeless.”

Questions:

1. What does this mean
2. How would you define a vision? An imaginative conception or anticipation
3. What is our Short Term Vision? Build off Previous Seasons
4. What is our Long Term Vision? Build off Previous Seasons

Quote 2: “People only see what they are prepared to see.”

-Ralph Waldo Emerson

Questions:

1. Have I prepared myself for both the short and long term vision?
2. Mental Skills Training: Practice Visualization
 - a. See yourself doing it - Short Term Visualization – Weight Room, Spring Practice, Tests, etc.
 - b. See yourself doing it Long Term Visualization – Weight Room, Season Practice & Games, Tournament, etc.

Quote 3: “Good leaders create a vision, articulate a vision, passionately own the vision, and relentless drive it to completion.”

-Jack Welch

Questions:

1. How can we reach our potential? Must challenge the team toward the vision
 - a. Just showing up won't allow us to reach our potential – WE MUST CHALLENGE
2. Visualization Training: See yourself doing it!

WEEK 9 – Law 8: The Law of the Bad Apple

- **Rotten Attitudes Ruin a Team**

Quote 1: “Good attitudes among players do not guarantee a team’s success, but bad attitudes guarantee its failure.”

Questions:

1. What was your attitude when you woke up today and when you came to lifting?
2. When attitudes go up so does the potential. When attitudes go down, the potential of the team does as well.
3. What is your attitude now?

Quote 2: Roger Banister Story

- **In the early 20th century sports experts believed nobody could run less than a 4 min. mile**
- **In 1954 Roger Banister ran a 3min 59.4sec mile.**
- **Then more began to break the barrier. First a few, then dozens, then hundreds.**
- **Why – Attitudes Changed**
 - o **They began to adopt the mind-set and beliefs of their peers.**

Questions:

1. What is the moral?: Attitudes compound when exposed to others and can spread quickly
 - Positive & Negative
 - Negative – compound faster than positive
2. What was your attitude when you woke up today and when you came to lifting?

Quote 3: “It is our attitude at the beginning of a difficult undertaking which, more than anything else, will determine its successful outcome.” **-William Jones**

Questions:

1. How can we create positive attitudes?
 - a. Knowing that the attitude we select will affect performance
 - i. Positive=Positive & Negative=Negative
2. What was your attitude today?

WEEK 10 – Law 9: The Law of Countability

- **Teammates Must Be Able to Count on Each Other When it Counts**

Quote 1: "A mouse does not rely on just one hole."

-Titus Maccius Plautus

Questions:

1. What does this mean?
2. Look to your left, look to your right – Can You Rely on this person?
 - a. Can you tell them why?

Quote 2: "Character + Competence + Commitment + Consistency + Cohesion = Countability"

Questions:

1. The formula for countability
2. When I looked left and right – Was I thinking that I have these 5 components and so do my teammates?
3. What does each of these components mean?

Quote 3: "I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."

Questions:

1. How do I become a better team member?
 - a. Are you dedicated to the team success?
 - i. Missing training sessions, Summer 2011?
 - b. Can you be depended on every time
 - i. Are you consistent?
 - c. Do you perform your work with excellence?
 - i. Are you competent and do you put the time in for the better of the team?

WEEK 11 – Law 10: The Law of the Price Tag

- **The team fails to reach its potential when it fails to pay the price**

Quote 1: **“Happy are those who dream dreams and are ready to pay the price to make them come true.” – Leon Joseph Cardinal Suenens**

Questions

- 1: What are the dreams/goals that you are trying to accomplish?
- 2: What is the price you need to pay to make those dreams a reality?
- 3: Do you have the ability to follow through on what needs to be done?

Quote 2: **“One has to pay dearly for immortality: one has to die several times while one is still alive.” –Friedrich Nietzsche**

Question

- 1: What must be accomplished for one to be “immortal”?
- 2: While not literally dying, are you willing to push yourself beyond previous experiences to attain greatness?
- 3: What can we learn from our failures (deaths), that can help us reach our goals?

Quote 3: **“A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.” –Vince Lombardi**

Questions

- 1: What can be done to improve belief in yourself and belief in your teammates?
- 2: Do you think that you have the qualities listed to help your team achieve its goals?
- 3: How can a team help each member to improve and realize the qualities it needs to succeed?

WEEK 12 – Law 11: The Law of the Scoreboard

- **The team can make adjustments when it knows where it stands**

Quote 1: **“We aren’t where we want to be; we aren’t where we ought to be; but thank goodness we aren’t where we used to be.” –Lou Holtz**

Questions

1. Where are we and where do we want to end up at?
2. What needs to be done to get us to that end point?
3. If we fall behind, what can be done to catch up?

Quote 2: **“How do you make a difference and what difference does it make? This has to be highly personal. The only thing you can change is you.” –Martin Sheen**

Questions

1. What do you need to improve upon?
2. Will the changes you make personally, carry over and affect your team?
3. What is it that is pushing you to make these decisions? Goals, health, team, etc...?

Quote 3: **“Where there is no struggle, there is no progress.” –Frederick Douglas**

Questions

- 1: Are you content with doing the same thing you did last season?
- 2: Are you willing to struggle, to progress to achieve your goals?
- 3: In what areas of yourself and as a teammate do you need to progress to make your situation better?

- **Great teams have great depth**

Quote 1: **“A great starter alone is simply not enough if a team wants to go to the highest level.” - John Maxwell**

Questions:

1. What is your role on the team?
2. What do you need to accomplish to make sure the team succeeds?
3. How can you build a strong team bound so that non-starters know they have a hand in the team’s success?

Quote 2: **“There is no such thing as a self-made man. You will reach your goals only with the help of others.” – George Shinn**

Questions:

1. Can you win the game on your own or does every player have a hand in the win?
2. How do teammates who don’t play in a game help the team win?
3. What can you do to be the best teammate possible, on and off the field?

Quote 3: **“The secret is to work less as individuals and more as a team. As a coach, I play not my eleven best, but my best eleven.” – Knute Rockne**

Questions:

1. Can you accept the role that is given to you on the team?
2. No matter your role, how can you be a positive role model on the team?
3. Do you trust the person lined up next to you? If not, how can you build that trust?

- **Shared values define the team**

Quote 1: **“A team cannot share values if the values have not been shared with the team.” – John Maxwell**

Questions:

1. What are your values? What are the team’s values?
2. Does EVERYBODY on the team share in those values?
3. Are values the same as goals? Are they written in stone or can they change?

Quote 2: **“You can do what I cannot do. I can do what you cannot do. Together we can do great things.” – Mother Teresa**

1. What are your strengths? How can these help your team?
2. Do you know the strengths and weaknesses of your teammates?
3. How can all these strengths and weaknesses be brought together for the good of the team?

Quote 3: **“Values are not just words, values are what we live by. They’re about the causes that we champion and the people we fight for.” – Senator John Kerry**

Questions:

1. How do you keep your values and the team’s values in order? Are they separate from each other or do they relate?
2. Do the values you hold true translate over to your teammates? Does what you do on a daily basis have an effect on them?
3. How can our actions in the weight room affect our values and how others look at us?

- **Interaction fuels action**

Quote 1: **“Any problem, big or small, within a family, always seems to start with bad communication.”**
– Emma Thompson

Questions:

1. How do you define communication? Does it change in different situations?
2. Does a team need to have communication to be successful?
3. Does your role on the team demand you to have good communication skills?

Quote 2: **“Constantly talking isn’t necessarily communication.”** – Charlie Kaufman

Questions:

1. What are you communicating when you are talking?
2. Is what you say always for the better good of your team?
3. How can we improve communications to help achieve team goals?

Quote 3: **“It’s important to make sure that we’re talking with each other in a way that heals, not in a way that wounds.”** - Barack Obama

Questions

1. Do you think about the consequences of what you are saying?
2. Are you being consistent with your communication or do you make it harder for teammates to understand?
3. Even when critique a teammate, are you being clear and courteous with what are you saying?

- **The difference between two equally talented teams is leadership.**

Quote 1: **“Leaders lift themselves to a higher level first; then they lift the others around them.” – John Maxwell**

Questions:

1. What are you doing to reach the next level?
2. With what you have learned, how can you apply that to the next person and help them?
3. Can you take constructive criticism and use it to reach a higher level?

Quote 2: **“Know your role!” – The Rock. **“Everyone is important but everyone isn’t equal.”**

Questions:

1. What is your role?
2. If you are looked at as a leader, are you capable of stepping up and taking that role?
3. With whatever role you are in, what can you do to earn respect from your peers?

Quote 3: **“Our chief want is someone who will inspire us to be what we know we could be.” - Ralph Waldo Emerson**

Questions:

1. Who do you look to to inspire you? Coach? Teammate? Etc,...?
2. Do you know if you are this person?
3. What can you use to help inspire your teammates?

- **When you're winning, nothing hurts**

Quote 1: **"When you do well, you think it's worth it. When you sacrifice so much and you finally do well, it feels really good."** - Kerri Strug

Questions:

1. What are you willing to sacrifice, in the face of success or failure, that can help yourself or your team?
2. Are you willing to fight through pain, physical or mental, to accomplish your goal?
3. What is "worth it" to make these sacrifices?

Quote 2: **"Pain is temporary. Quitting lasts forever."** – Lance Armstrong

Questions:

1. Are you willing to give it your all to compete?
2. Do you have the ability to help the person next to you if you see that quitting might be an option?
3. How do you want to be remembered? The person who fought through adversity, or the person who quit when things got tough?

Quote 3: **"About morals, I know only that what is moral is what you feel good after and what is immoral is what you feel bad after."** — Ernest Hemingway

Questions:

1. What guides you in your decision making?
2. Do you always leave the field/court/weight room feeling good about what you did that day?
3. If you feel like you made a decision that let someone down, do you have the ability to come back and make up for that?

- **Investing in the team compounds over time**

Quote 1: **"I can live for 2 months on one good compliment." – Mark Twain**

Questions:

1. How do you feel when a teammate tells you that you did something good?
2. How often do you take time to talk to another player about the positive actions they are taking?
3. How can increasing positive communication impact the team as a whole?

Quote 2: **"SUCCESS is worthless if we don't have people to share it with; indeed, our most desired human emotion is that of connection with other souls."**

Questions:

1. Look around the room at your friends, do you really want to let them down?
2. How can you make a connection with new teammates, or ones that maybe you aren't as close with?
3. How will these relationships help us during preparation and in game situations?

Quote 3: **"Too much of a good thing can be wonderful." – Mae West**

Questions:

1. If communication and values are a good thing, can we ever have too much of it?
2. Is investing in this team going to give you the kind of returns you want?
3. If all you had to do to achieve success was work harder than anyone else, put in more time than anyone else, and believe that your teammates are doing the same thing, could you do it?